

# Looking Inside the Home for Causes of and Solutions to the Obesity Crisis

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# Obesity and Influences within the Home

## Review of Literature

- Genetic vs. Environment
- Socioeconomic status (Strauss & Knight, 1999)
- Cognitive Environment- Less cognitive stimulation in the home - indicator for being at risk for obesity (Cochran, 2003)
- Interpersonal Factors
  - Family practices, rules, role modeling
  - 80% of overweight 10-14 year olds with at least one obese parent become overweight adults. (Stang, 2003)

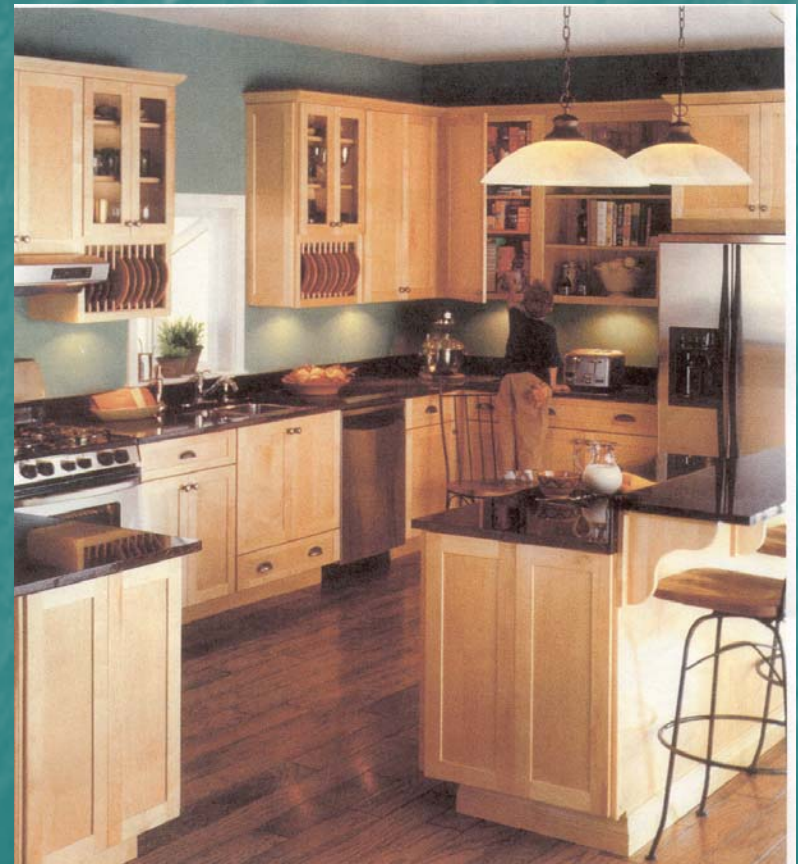
Obesity is now at epidemic proportions in America and around the World.

The solutions might well come from the same place they are caused, the kitchen, the table and bedroom.



# Obesity and the Kitchen Influences

- Meal Preparation (Simpson, 2003)
- Meal Planning
- Grazing / Snacking (Stang, et al., 2004)
- Availability of healthy and non-healthy foods.
- Increased range of foods
- Food Storage (Hendricks, 2004)



# A Solution to Kitchen Influence

Research shows the kitchen to be a place of Exploration, Cooking, Chores and Interpersonal relationships.

Louise Giddings, University of New York

Invite children and fathers into the kitchen.





# Kitchens as an Exploring Environment

- Exploring Activities
- Food Exploration
- Food as a Science



# Cooking in the Kitchen



Tell me, I forget  
Show me, I remember  
But let me DO and I  
understand.

~Chinese Proverb

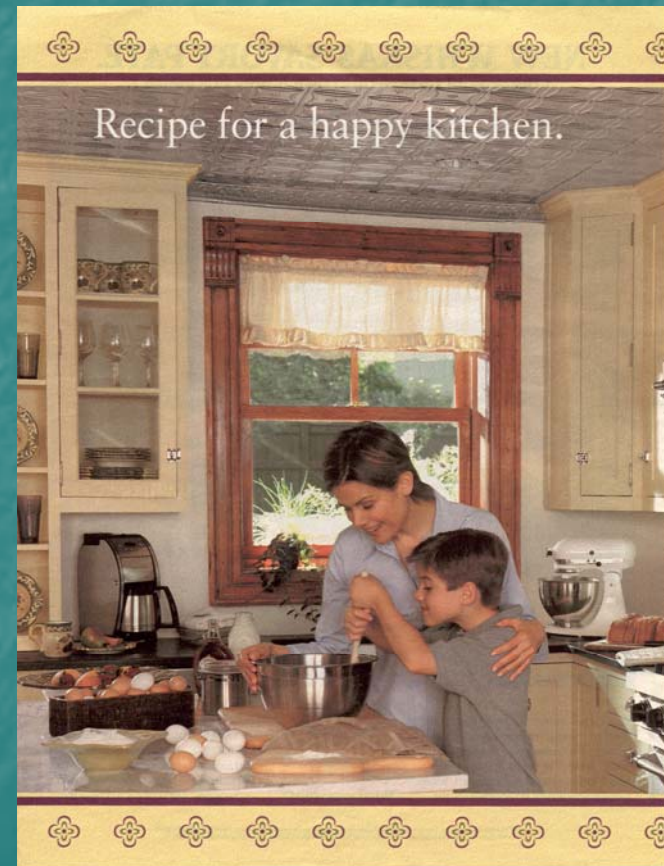


# Cooking in the Kitchen

- Cooking Secrets when learned at a young age become lifetime habits.

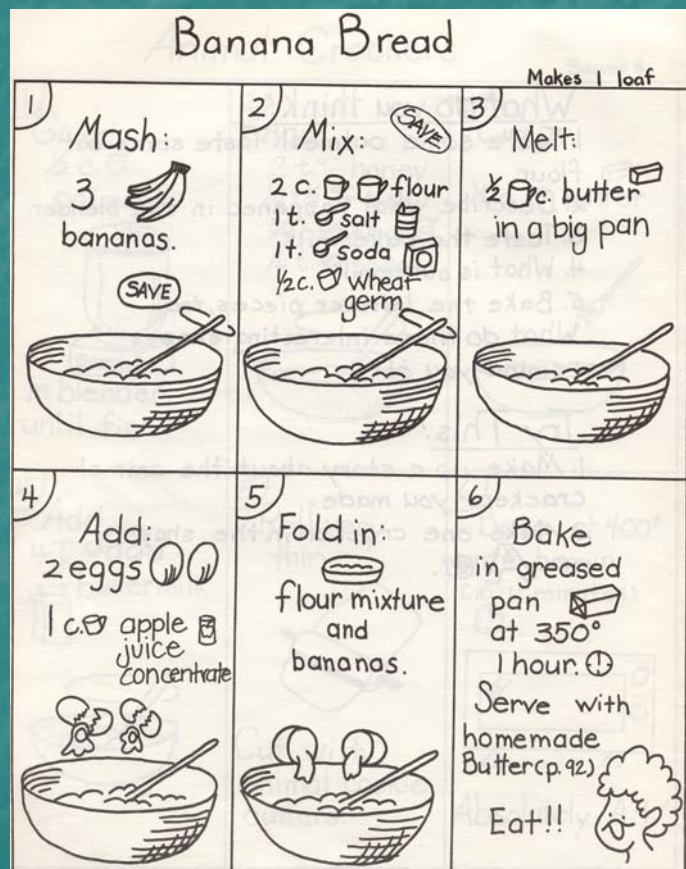
## Power of Example

- Stay with them in the kitchen
- Additional Guidelines



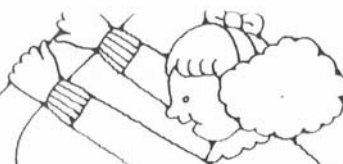


# Cookbooks for Children



# COOKING TERMS

Color this page with markers.



Use a spoon, fork, whisk, eggbeater, or electric mixer to mix ingredients together, using a fast, circular motion.



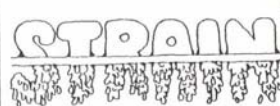
Rinse fresh fruits and vegetables under running water. To scrub potatoes or carrots, use a vegetable brush or dishrag while holding food under running water.



In this book, the word *blend* refers to using an electric blender. Keep the lid on when running a blender. Use medium speed for a short time.



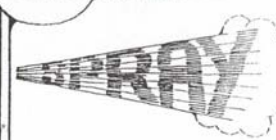
Use a spoon to mix ingredients together, using a slow, circular motion. Use a long-handled wooden spoon when stirring food on the stove.



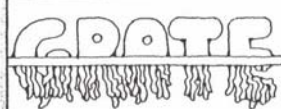
Canned fruit needs to be strained. Over a sink or bowl, pour the canned fruit into a strainer. The liquid goes into the bowl or sink and the fruit stays in the strainer.



Cut fruits, vegetables, and meat into small pieces about 1/2-inch square. Use a cutting board and a knife.



Use vegetable cooking spray instead of grease on baking pans or frying pans. This will greatly reduce the amount of fat in your food.



Cheese is often grated. Place a grater over a bowl. Rub a block of cheese against the sharp edge of the grater. It cuts the cheese into small shreds.



To simmer food in a frying pan or saucepan on the stove top, cook it at a low temperature.



To serve food cold, put it in a covered container and leave it in the refrigerator for 2 hours or longer.



To boil water in a saucepan, cook it at a high temperature until bubbles begin to rise rapidly to the surface.



# Chores in the Kitchen

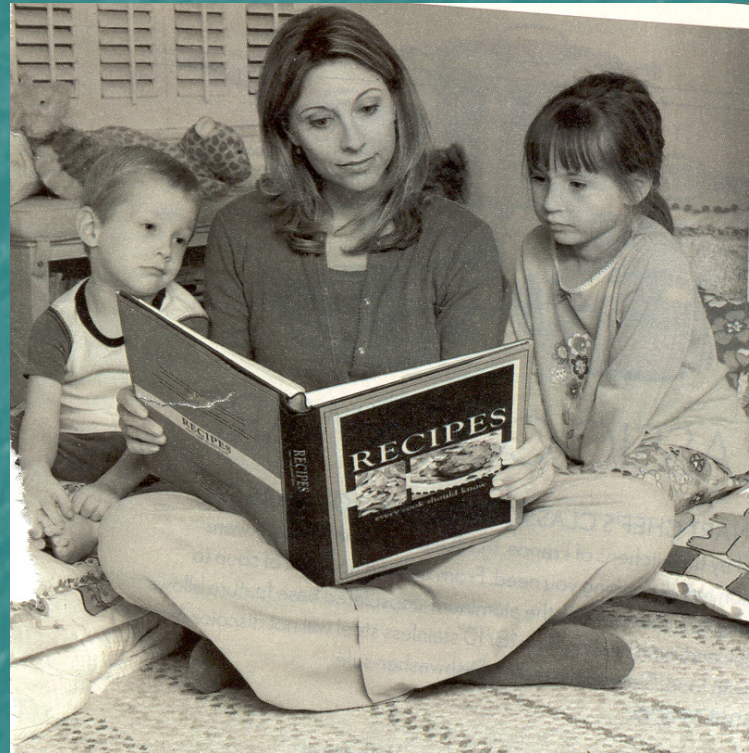


# Chores in the Kitchen

<u>3 Years</u>	<u>5 Years</u>	<u>6 Years</u>	<u>8-12 Years</u>
Clear Tables Help with dishes Hold a dustpan Empty small garbage Wipe dinner mats Stir Jell-O, etc	Butter cooking pans Set Table Take out garbage Any mixing Wash dishes Clean tables and chairs	Simple recipes Teach to use the stove Clean out a refrigerator Clean front of appliances Clean the kitchen Simple shopping tasks Put away groceries Fold napkins	Clean/Keep kitchen Cupboards tidy Cook family meals - parts and then the whole meal Menu Planning Making the shopping list Food shopping Food storage Food safety practices Table settings



# Story Telling in the Kitchen



- Wide selection of children books on nutrition, food preparation and family interaction.

# Talking and Storytelling in the Kitchen



- Listening skills
- Comprehension skills
- Vocabulary
- Greater Confidence in ability to relate to others
- Fosters emotional growth



# Kitchens Nurture Interpersonal Relationships



# Obesity and the Table

## Parental Feeding Practices

- Types and amounts of foods – three serving of soda a day = five times the risk of being overweight. Lugwig, 2001.
- Modeling of eating behaviors – parent eats more, child eats more. Hood, 2000.
- Timing, frequency, and social contexts of eating
- Food as a bribe, reward, clean plate syndrome



# Obesity and Parental Control

- Parental Restriction of food intake – lower levels of self concept, and ability to self-regulate energy intake.
  - Girls get more control messages from mothers
  - Promotes eating in absence of hunger
  - Promotes overeating when palatable food present.
- Birch & Davison, 2003



# Solution to Controlling Parental Feeding Practices

## Division of Responsibility in Feeding

- The parent is responsible for what food, when it will be eaten and where they eat.
- Child is responsible for how much they will eat and whether to eat.
- Parents job to trust children eating. Children will eat normal amounts, variety and behave at the table. Ellyn Satter, 2003





# Parents / FCS Professionals can help families...



- Teach children to respond to hunger and satiety clues
- Increase acceptance of healthy food choices and variety
- Consume appropriate portion sizes

# Adolescent Feeding Practices

- 74% like to eat with family
- Have on hand
  - Foods they like
  - Convenient to eat
  - Readily accessible

- Neumark-Sztainer, Hannan, & Story, 2003



# Obesity and the Table – Family Mealtime

- Research shows that the family meal has been displaced by societal and family changes, such as:
- Changes in roles of family members
- Living arrangements
- Dual income families
- Conflicting schedules
- After-school youth activities
- Decline in cooking skills

(Simpson, 2003)



# Benefits of Family Mealtime



Learn social skills and table manners.

- Have a sense of community and family values.
- Families eat more nutritious meals and know basic cooking skills.
- Less likely to smoke, use drugs or alcohol.
- Do better in school.
- Lower rate of teen pregnancy.
- Value family traditions.
- Decreases the rate of childhood obesity. (Gallup, Syracuse, & Oliveri, 2003)



# Family Meals: Could they help prevent obesity in children?

- Consistent mealtimes & snacks → food security
- ↑ nutrient-dense foods, ↓ nutrient-poor foods
- Parents role model healthy eating at meals
- Prevent “disengaged” eating and promote “focused” eating, respond to hunger/satiety
- Promote sense of belonging (Mayfield, 2004)

# Strategies to Increase Quality of Family Mealtime

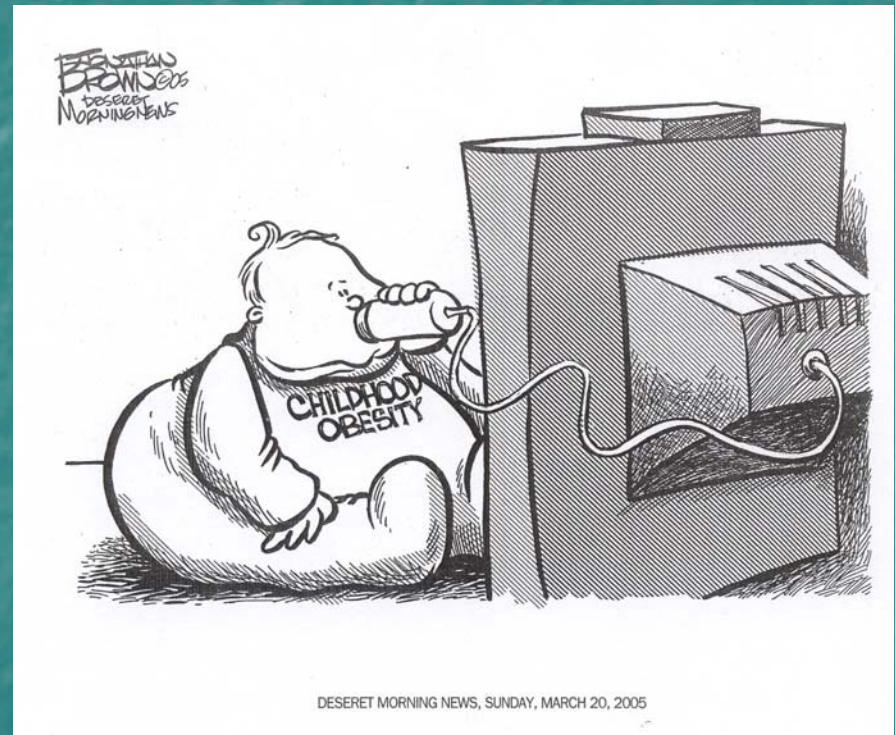
- Start the family meal habit when the children are young.
- **Make family meal time a priority!** These meals may be a breakfast, lunch, or dinner; eaten at home or in a restaurant. The key is to spend the time together.
- Allow every member of the family to contribute to the conversation and keep the conversation polite. Not a place for conflict or discipline.
- Take time to listen to family members' thoughts and feelings.



# Obesity and the Bedroom / Private Spaces

Research links obesity and:

- Television Viewing
- Computers
- Video games
- "screen time"



- Tune out the television, radio, phone and other distractions and tune into each other. When the TV is on the positive benefits of family meals are lost. An increase in obesity is also common.
- Get family members involved in meals.
  - planning meals
  - helping with grocery shopping
  - setting the table
  - chopping the vegetables or
  - doing the dishes.





Research has shown that the shape of the dinner table has bearing on family interaction. A round/oval table has no boundaries and increases interaction.



# "Screen Time" and Obesity

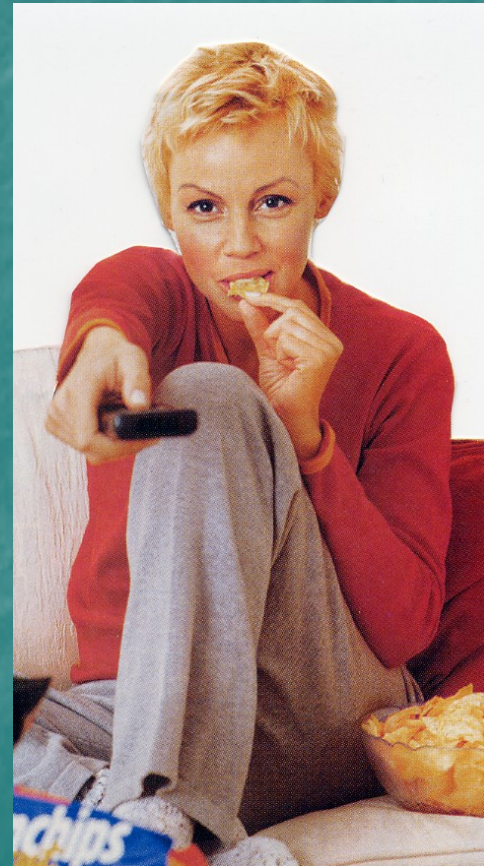
- Media Availability – TV's in 99% of homes, Video games – 88%, & Computers – 85%
- TV's in Children's Bedrooms – 63%
- Average Screen time – 5.2 hours daily
- Parents liked screen time because it occupies the child – disliked the aggression and harmful content.
- Children like screen time to stave off boredom



# Screen Time and Obesity

- Family Rules about Screen time use – rules for content restriction, duration of viewing time widely varied.
- Parents not open to changing own screen time habits.

(Center for Disease Control and Prevention, 2004)



# Changing the Rules – Obesity Prevention Strategies

- Limit “screen time” to 1-2 hours daily
- Do not eat in front of the TV
- Do not put a TV in a Child’s Bedroom
- Parent set an example
- Encourage non-sedentary family activities
  - biking, walking, swimming, plant a garden

Payoffs: Increased family cohesion, decrease risk of obesity, decrease depression and relive the memories as families for years



# Brain Research

“Mounting evidence shows that movement is crucial to every other brain function, including memory, emotion, language and learning.”

~ John J. Ratey, M.D.

# Brain Research

## Brain Activity of Child Watching TV





# Brain Activity of Child Engaged in Physical Activity



# A Solution for Families to Address Obesity and "Screen Time"



"Family Councils"



# Family Councils

- Family councils used to determine specific behavior changes, rules, consequences, ideas for change, family planning.
- Allows children to be involved and fosters ownership.
- Reduces resistance to change or consequences
- Encourages decision making model
- Fosters communication within the family
- Creates memories – family unity.
- Can be used with across the lifespan – child to elderly.

# Family Councils

- Different Models
- Family council agendas
  - When, Where, Parental prompts, Graffiti
- Rules
- Free to express feelings – no fear of insults
- Expect everyone to listen, don't interrupt
- Each person has a chance to speak
- Time limit – 1 hour or less
- End on a cheerful note – joke - refreshments



# Discussion Points

- Obesity is a lifespan issue.
- Causes, Effects and Solutions to Obesity need to be addressed in the home.
- Implications for FCS professionals – personal use and in their professional assignments.
- Remember the 3 R's

Routines, Rhythm and Rituals for the home